

**That Which is Claimed is:**

1. An exercise machine for exercising the biceps muscles of a user,  
comprising:

5 a frame configured to rest on an underlying surface;  
a seat mounted to the frame and configured to receive a seated user;  
a pair of support pads mounted to the frame forwardly of and above the  
seat, each of the support pads being positioned to engage one of the upper arms and  
the elbows of the seated user;

10 a pair of movement arm units pivotally interconnected with the frame  
and movable about respective generally horizontal axes of rotation, each of the pair of  
movement arm units being configured to engage at least one of the forearms and the  
hands of the user, each of the pair of movement arm units being movable between an  
extended position, in which the seated user's arms are substantially straight, and a  
15 curled position, in which the user's arms are bent, the axes of rotation forming an  
angle of between about 115 and 155 degrees; and

a resistance system connected with the movement arm units that  
provides resistance to rotation of the movement arm units as they move from the  
extended position to the curled position.

20 2. The exercise machine defined in Claim 1, wherein the seat and frame  
are configured such that the elevation of the seat relative to the frame is adjustable.

25 3. The exercise machine defined in Claim 2, wherein the seat elevation is  
adjustable such that, when the user is seated and the user's upper arms or elbows  
engage the support pads, the user's upper arms are angled upwardly from shoulder to  
elbow.

30 4. The exercise machine defined in Claim 3, wherein the user's upper  
arms are angled upwardly from shoulder to elbow at an angle of at least 5 degrees.

5. The exercise machine defined in Claim 1, further comprising a  
backrest positioned rearwardly of and extending upwardly from the seat, the backrest

defining a plane that forms an angle of between about 75 and 95 with the underlying surface.

6. The exercise machine defined in Claim 1, wherein each of the support pads is positioned so that each of the user's elbows is located on a respective axis of rotation.

7. The exercise machine defined in Claim 1, wherein the angle formed by the axes of rotation is between 135 and 145 degrees.

8. The exercise machine defined in Claim 1, wherein the frame includes pairs of front and rear uprights rising from respective legs, each set of respective front and rear uprights and legs defining a generally vertical plane, the generally vertical planes defining an angle of between about 20 and 70 degrees.

9. The exercise machine defined in Claim 8, wherein the generally vertical planes define an angle of between about 35 and 45 degrees.

10. The exercise machine defined in Claim 1, wherein the resistance system comprises a weight stack.

11. The exercise machine defined in Claim 9, wherein each movement arm unit comprises a cam, and wherein the resistance system includes a belt attached to and engaging each cam.

12. The exercise machine defined in Claim 1, wherein each movement arm unit comprises a lever arm that pivots about its respective axis of rotation and a handle that is pivotally interconnected to the lever arm and engages one of the forearm and hand of the user, the axis of rotation of the handle relative to the lever arm being substantially parallel to the axis of rotation of the movement arm unit relative to the frame.

13. An exercise machine for exercising the biceps muscles of a user, comprising:

a frame configured to rest on an underlying surface that includes pairs of front and rear uprights rising from respective legs, each set of respective front and rear uprights and legs defining a generally vertical plane, the generally vertical planes defining an angle of between about 20 and 70 degrees;

a seat mounted to the frame and configured to receive a seated user;

a pair of pads mounted to the frame forwardly of the seat, each of the pads being positioned to engage the upper arms of the seated user;

a pair of movement arm units pivotally interconnected with the frame and movable about respective generally horizontal axes of rotation, each of the pair of movement arm units being configured to engage at least one of the forearms and the hands of the user, each of the pair of movement arm units being movable between a curled position, in which the seated user's arms are bent, and an extended position, in which the user's arms are substantially extended; and

a resistance system connected with the movement arm units that provides resistance to rotation of the movement arm units as they move from the extended position to the curled position.

14. The exercise machine defined in Claim 13, wherein the angle between the vertical planes is between about 35 and 45 degrees.

15. The exercise machine defined in Claim 13, wherein the angle between the axes of rotation is between about 135 and 145 degrees.

16. The exercise machine defined in Claim 13, wherein the seat and frame are configured such that the elevation of the seat relative to the frame is adjustable.

17. The exercise machine defined in Claim 16, wherein the seat elevation is adjustable such that, when the user is seated and the user's upper arms or elbows engage the support pads, the user's elbows are angled upwardly from shoulder to elbow.

18. The exercise machine defined in Claim 16, wherein the user's elbows are angled upwardly from shoulder to elbow at an angle of at least 5 degrees.

19. The exercise machine defined in Claim 13, further comprising a backrest positioned rearwardly of and extending upwardly from the seat, the backrest defining a plane that forms an angle of between about 75 and 95 with an underlying surface.

20. The exercise machine defined in Claim 13, wherein each of the pads is positioned to intersect with a respective axis of rotation.

21. The exercise machine defined in Claim 13, wherein the resistance system comprises a weight stack.

22. The exercise machine defined in Claim 21, wherein each movement arm unit comprises a cam, and wherein the resistance system includes a belt attached to and engaging each cam.

23. The exercise machine defined in Claim 13, wherein each movement arm unit comprises a lever arm that pivots about its respective axis of rotation and a handle that is pivotally interconnected to the lever arm and engages one of the forearm and hand of the user, the axis of rotation of the handle relative to the lever arm being substantially parallel to the axis of rotation of the movement arm unit relative to the frame.

24. An exercise machine for exercising the biceps muscles of a user, comprising:

- a frame configured to rest on an underlying surface;
- a seat mounted to the frame and configured to receive a seated user;
- a pair of support pads mounted to the frame forwardly of and above the seat, each of the pads being positioned to engage the upper arms of the seated user;
- a pair of movement arm units pivotally interconnected with the frame and movable about respective axes of rotation, each of the pair of movement arm units being configured to engage at least one of the forearms and the hands of the user, each

of the pair of movement arm units being movable between a retracted position, in which the seated user's arms are bent, and an extended position, in which the user's arms are extended, the axes of rotation forming an angle of between about 115 and 155 degrees;

5           a weight stack;  
          a first cable connected with the movement arms;  
          a second cable connected with the weight stack; and  
          a pulley bracket, the pulley bracket having a pair of upper pulleys that engage the first cable, the second cable being attached to the pulley bracket.

10           25.     The exercise machine defined in Claim 24, wherein the seat and frame are configured such that the elevation of the seat relative to the frame is adjustable.

15           26.     The exercise machine defined in Claim 25, wherein the seat height is adjustable such that, when the user is seated and the user's upper arms or elbows engage the support pads, the user's elbows are angled upwardly from shoulder to elbow.

20           27.     The exercise machine defined in Claim 26, wherein the user's elbows are angled upwardly from shoulder to elbow at an angle of at least 5 degrees.

25           28.     The exercise machine defined in Claim 24, further comprising a backrest positioned rearwardly of and extending upwardly from the seat, the backrest defining a plane that forms an angle of between about 75 and 95 with an underlying surface.

30           29.     The exercise machine defined in Claim 24, wherein each of the support pads is positioned so that each of the user's elbows is located on a respective axis of rotation.

          30.     The exercise machine defined in Claim 24, wherein the angle formed by the axes of rotation is between 135 and 145 degrees.

31. The exercise machine defined in Claim 24, wherein the frame includes pairs of front and rear uprights rising from respective legs, each set of respective front and rear uprights and legs defining a generally vertical plane, the generally vertical planes defining an angle of between about 20 and 70 degrees.

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32. The exercise machine defined in Claim 24, wherein each movement arm unit comprises a lever arm that pivots about its respective axis of rotation and a handle that is pivotally interconnected to the lever arm and engages one of the forearm and hand of the user, the axis of rotation of the handle relative to the lever arm being substantially parallel to the axis of rotation of the movement arm unit relative to the frame.

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33. An exercise machine for exercising the biceps muscles of a user, comprising:

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a frame configured to rest on an underlying surface;

a seat mounted to the frame and configured to receive a seated user;

a pair of support pads mounted to the frame forwardly of and above the seat, each of the support pads being positioned to engage one of the upper arms and the elbows of the seated user;

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a pair of movement arm units pivotally interconnected with the frame and movable about respective generally horizontal axes of rotation, each of the pair of movement arm units being configured to engage at least one of the forearms and the hands of the user, each of the pair of movement arm units being movable between an extended position, in which the seated user's arms are substantially straight, and a curled position, in which the user's arms are bent; and

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a resistance system connected with the movement arm units that provides resistance to rotation of the movement arm units as they move from the extended position to the curled position;

wherein the elevation of the seat and the support pads are such that, when a user is seated and the user's elbows or upper arms engage the support pads, the user's upper arms are angled upwardly from shoulder to elbow at an angle of at least 5 degrees.

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34. The exercise machine defined in Claim 33, further comprising a backrest positioned rearwardly of and extending upwardly from the seat, the backrest defining a plane that forms an angle of between about 75 and 95 with the underlying surface.

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35. The exercise machine defined in Claim 33, wherein each of the support pads is positioned so that each of the user's elbows is located on a respective axis of rotation.

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36. The exercise machine defined in Claim 33, wherein the resistance system comprises a weight stack.

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37. The exercise machine defined in Claim 36, wherein each movement arm unit comprises a cam, and wherein the resistance system includes a belt attached to and engaging each cam.

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38. The exercise machine defined in Claim 33, wherein each movement arm unit comprises a lever arm that pivots about its respective axis of rotation and a handle that is pivotally interconnected to the lever arm and engages one of the forearm and hand of the user, the axis of rotation of the handle relative to the lever arm being substantially parallel to the axis of rotation of the movement arm unit relative to the frame.